

# Employee Assistance Program (EAP)

## 24/7 Support for your life

Whether you or your family need help with your personal life or are having issues at work, HealthPartners Employee Assistance Program (EAP) is here for you. Call 24/7 for help from a counselor finding child care, dealing with a loss, finding community resources and more.

24/7 SUPPORT BY PHONE	GET HELP WITH	CALL OR TEXT
EAP counselors are ready to give you the support you need. Just call and they'll listen to your concerns, give you guidance and help you find solutions that are right for you.	<ul style="list-style-type: none"> <li>• Marital issues</li> <li>• Balancing work and family</li> <li>• Financial concerns</li> <li>• Mental and emotional health</li> <li>• Parenting</li> <li>• Job stress</li> <li>• Legal issues</li> <li>• Substance abuse</li> <li>• Child and elder care</li> <li>• Grief and loss</li> <li>• Divorce</li> </ul>	Call: <b>866-326-7194</b> TTY <b>866-228-2809</b>  Text <b>US HPEAP</b> to: 919-324-5523
24/7 SUPPORT ONLINE	GET HELP WITH	VISIT
Get help with a wide range of online resources. Can't find what you're looking for? Instant message an EAP counselor or work-life consultant anytime, day or night.	<ul style="list-style-type: none"> <li>• Articles and tip sheets</li> <li>• Self-assessment tools</li> <li>• Child and elder care</li> <li>• Legal information and forms</li> <li>• Financial calculators</li> <li>• Monthly online seminars</li> <li>• Savings/Relocation Centers</li> </ul>	<b>hpeap.com</b>
SUPPORT IN PERSON	GET HELP WITH	CALL
If you want to talk to a counselor in person, just call us and we'll connect you with an EAP professional. <b>You can meet with a counselor for up to three visits per issue.</b>	<ul style="list-style-type: none"> <li>• Legal advice</li> <li>• Financial advice</li> <li>• Mental and emotional health</li> </ul>	<b>866-326-7194</b> TTY <b>866-228-2809</b>
24/7 SUPPORT WITH MOBILE APP	GET HELP WITH	DOWNLOAD
Get help on-the-go with the iConnectYou mobile app for your iPhone or Android. Use it for video visits with a counselor or to get help finding child and elder care. Visit the app store to download it today.	<ul style="list-style-type: none"> <li>• Child care</li> <li>• Elder care</li> <li>• Personal concerns</li> </ul>	<b>iConnectYou</b> mobile app

HealthPartners EAP is here for you anytime, day or night.

Call **866-326-7194** or TTY **866-228-2809**, text **US HPEAP** and your question to **919-324-5523** or log on to **hpeap.com**.

Website password: **sourcewell**

iConnectYou passcode: **56655**